

School Health Update

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One copy of the UPDATE
is mailed to each
school district.
Please copy this
newsletter and share
it with the other nurses
in your district.

Quality Health and Physical Education Workshops

Quality Health and Physical Education Workshops will be held in February 2006. Workshop participants will have an opportunity to explore the following issues: school safety, violence prevention in schools, alcohol, drugs, tobacco education, new secondary health education requirements, grade level expectations in health and physical education grade K-12, and the local wellness policies.

For information about times, cost and registration, contact the person listed below for each site.

Date	Place	Contact
February 13	St. Louis	Karen Vaughan (1-800-835-8282)
February 13	Springfield	Helen Barnett (417-836-8857)
February 15	Kansas City	Janet Leiker (1-800-555-9048)
February 15	Warrensburg	Carrie Scales (1-800-762-4146)
February 16	Kirksville	Kim Murphy (1-888-878-7732)
February 21	Cape Girardeau	Margaret Wood (1-800-401-6680)
February 21	Maryville	Marsha Martin (1-800-663-3348)
February 21	Rolla	Diane Grempe (1-800-667-0665)
February 24	Columbia	Marilyn Jett (1-800-214-2753)
February 28	Webb City	Bob Collier (417-673-7078)

Updated Resource for School Health Programs Manual

The Department of Health and Senior Services has compiled updated information and suggested guidelines for school health programs onto one CD. The enclosed Resources for School Health Programs CD contains: *Manual for School Health Programs, Prevention and Control of Communicable Diseases; Medication Administration in Missouri Schools, Guidelines for Hearing Screening, Guidelines for Vision Screening, Guidelines for Spinal Screening in Schools, Guidelines for Growth Screening in Missouri Schools, and School Health Advisory Council Guide*. All resources are available in both Word and Adobe Acrobat versions. The Acrobat installation program and the user guide are included on the CD.

**Healthy
Children
Are
Better
Learners**

Health Instruction
Nutrition Services
Physical Education
School Environment
Counseling and Guidance
Health Services
Staff Health Promotion
School, Community
and Parent Involvement

Immunization Records for Students Displaced by Hurricanes Katrina and Rita

The Department of Health and Senior Services (DHSS) immunization program urges schools to continue working with students and parents on gathering immunization records for students displaced by the hurricanes. Our staff has access to shot records entered into immunization registries for Louisiana, Alabama and Mississippi.

School surveys were due in November. In those surveys, students without records should have been counted under "Students noncompliant without immunization records," with a note indicating they were displaced because of the hurricanes.

When DHSS receives additional guidance from Centers for Disease Control and Prevention (CDC), the information will be forwarded to school nurses and administrators. Please call 573-751-6439 for additional information and assistance.



Menactra (MCV4) Vaccine Available

Meningococcal disease is a serious illness, caused by the bacteria *Neisseria meningitidis*. It is a leading cause of bacterial meningitis in children age two to 18 years old in the United States. Meningitis is an infection of fluid surrounding the brain and the spinal cord and also causes blood infections.

Menactra, manufactured by Sanofi Pasteur, is the newest vaccine against meningococcal disease in the U.S. The FDA approved this vaccine on Jan. 17, 2005, for individuals ages 11-55. Current Advisory Committee on Immunization Practices (ACIP) recommendations are for adolescents 11-18 years of age.

At this time, due to current supply of the vaccine and funding issues, the Vaccines for Children (VFC) program will only be providing this vaccine for VFC-eligible children 17-18 years of age living in dorms on college campuses. This age restriction is

temporary. We will inform you when the supply issue improves and sufficient inventory becomes available to include additional age groups.

VFC-eligible children include those who meet at least one of the following:

- Uninsured (no health insurance coverage);
- Medicaid eligible;
- American Indian or Alaska Native; or
- Underinsured (health insurance benefit plan does not include vaccinations).

Underinsured children are eligible to receive VFC vaccine only if they are served by a Federally Qualified Health Center (FQHC) or Rural Health Center (RHC).

Refer interested students/parents who are not VFC eligible to their private provider for information regarding the availability of this vaccine.

SCHOOL HEALTH UPDATE

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COMPILED AND EDITED BY

Mari Ann Bihr, M.Ed.
Health Education Consultant
Missouri Department of
Elementary and
Secondary Education

Marjorie Cole, R.N.
Adolescent and Child Health
Consultant
Missouri Department of Health
and Senior Services

The Departments of
Elementary and Secondary
Education and Health and
Senior Services do not
discriminate on the basis of
race, color, national origin,
age, sex or handicap in their
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Programs Available Through Special Health Care Needs

The Bureau of Special Health Care Needs (SHCN) at the Department of Health and Senior Services (DHSS) administers the following programs to assist individuals with special health care needs: Hope, Service Coordination Only, Healthy Children and Youth (HCY), Physical Disabilities Waiver (PDW), and Adult Head Injury. Individuals with special health care needs are those who have or are at increased risk for a chronic physical, developmental, behavioral, or emotional condition and who also require health and related services of a type or amount beyond that required by individuals generally. *

In this issue of the School Health Update we will give you a bit of information about the screening tool used to identify children with special health care needs for participation in the Hope Services Program.

The SHCN screener tool will help identify children in the general population who have a special health care need.

The tool consists of a series of five (two- and three-part) questions that may be administered face-to-face with the family. Upon completion, a service coordinator will score the screener to determine whether or not the child may have a special health need. If it is determined that the child does have a special health need, they will be enrolled in one of SHCN programs to receive assistance.

For more information about SHCN, visit www.dhss.mo.gov, or call 573-751-6246 or 800-451-0669 (toll free).

**Adapted from the Maternal and Child Health Bureau (MCHB) of the Department of Health and Human Services, Health Resources and Services Administration (HRSA).*

Osteoporosis and Low Bone Mass

According to the National Osteoporosis Foundation, osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older. This represents 55 percent of the people aged 50 and older in the United States. In Missouri, the Foundation projects the 2010 prevalence for osteoporosis at 61,300 men and 200,400 women age 50 and over. Education in young adults and teens on calcium intake and physical activity is the key to reversing this threat.

What causes osteopenia and osteoporosis? Several factors contribute to the function and health of bone, including genetics, lifestyle, and other chronic diseases. Making positive lifestyle changes can greatly reduce an individual's risk for developing osteopenia, osteoporosis and future fracture risk. Changes include:

- Consuming the recommended levels of calcium and vitamin D;
- Participating in a regular, weight bearing, physical activity program several times a week. This includes dancing, walking, lifting weights, low-impact aerobics, etc.;
- Consuming a balanced diet;
- Eliminating smoking;
- Limiting the intake of caffeinated, carbonated, or alcoholic beverages;
- Talking to your physician about your risk of these diseases;
- Staying on a treatment regimen if diagnosed; and
- Taking steps to prevent falls in and around your home, and in the workplace.



Sexually Transmitted Diseases on the Rise in Missouri

According to the Missouri Department of Health and Senior Services (DHSS), the number of reportable sexually transmitted diseases (STDs) is on the rise in Missouri. Two of these diseases, chlamydia and gonorrhea, disproportionately affect teenagers, although teenagers who are sexually active can acquire any STD. The Centers for Disease Control and Prevention (CDC) reported that for 2004, St. Louis City ranked in the top five cities in the

together to try to keep Missouri adolescents healthy and able to continue their education. School nurses can help in the following ways:

- When contacted by a DHSS specialist for your assistance to locate a student due to an infection or exposure, provide confidential assistance as quickly as possible.
- Be knowledgeable about the current trends of STDs and their signs and symptoms.
- If given the opportunity,

educational materials available in your office to disseminate when requested by a student. Pamphlets are available from DHSS; call 573-751-6439.

To learn more about sexually-transmitted diseases, visit the CDC Web site at www.cdc.gov/std. For Missouri-specific information, including statistics, go to: www.dhss.mo.gov/HIV_STD_AIDS/Data.html.

We can help Missouri adolescents make better choices which will reduce their sexual risk behaviors, including encouraging them to remain or become abstinent. We can also help them seek appropriate health care quickly to ensure healthy and productive futures.



national for rates of chlamydia, gonorrhea and syphilis per 100,000 population. However, the numbers in rural Missouri areas also continue to rise. There are several other STDs that are not reportable, i.e., genital warts and genital herpes. All STDs can negatively impact the quality of life for adolescents.

In order to effectively combat the rise in STDs, we must all take an active role and work

discuss the devastation an STD can cause when a student asks questions or presents to your office with signs and symptoms.

- Be knowledgeable about the STD testing and treatment services in your community, including your local public health department, in order to assist students with referrals.
- If in agreement with your school policies, keep

Teaching About HIV/ AIDS/STDs and Human Sexuality Education Regional Conference

June 14-16, 2006

Kansas City International (KCI) Airport Hilton

For information, contact
Dr. Darrel Lang, HIV/
AIDS Human Sexuality
Education Program
Consultant, Kansas
Department of Education,
by phone at
785-296-6718
or by e-mail at
dlang@ksde.org.

Resources

Community Guide to Helping America's Youth

"Helping America's Youth" is a nationwide effort, initiated by President George W. Bush and led by First Lady Laura Bush, to benefit children and teenagers by encouraging action in three key areas: family, school, and community. The Community Guide to Helping America's Youth helps communities build partnerships, assess their needs and resources, and select programs for replication in their community. It walks community groups through the steps necessary for building strong supports for youth. For more information and to access the Community Guide, visit the Web site at www.helpingamericasyouth.gov.

Eating Disorders Workshop

The St. Louis Behavioral Medicine Institute and Maryville University will sponsor a free eating disorders workshop for school nurses and school counselors. Panelists will include Chris Ohlemeyer, Director of Adolescent Medicine at St. Louis Cardinal Glennon Hospital, and Randall Flanery, Julie Hill and Deb Schettler of the Eating Disorders Program at St. Louis Behavioral Medicine Institute. Speakers will discuss the medical, psychological and nutritional aspects of eating disorders.

The workshop will be held on Friday, Feb. 10, 2006, from 9 a.m. to 10:30 a.m., in

the Monsanto Room Library at Maryville University. The Monsanto Room Library is located at 13550 Conway Road, in St. Louis County. A light breakfast will be served from 8:30 a.m. to 9 a.m.

Useful Article For Parents On Vaccine Myths and Vaccine Safety

In the October issue, Parents Pack Newsletter reprinted an article from the September issue of Babytalk magazine. The article, "10 Vaccine Myths—Busted," features the responses of several vaccine experts to widely circulated myths about childhood vaccinations. Healthcare professionals who see children and their parents will find the article useful in addressing parents' concerns and answering questions about vaccination. To access the October issue of Parents Pack Newsletter, go to: www.chop.edu/consumer/jsp/division/generic.jsp?id=81553 and scroll down to the feature article.

Immunization Education and Training

The Centers for Disease Control's National Immunization Program has a curriculum for interested health professionals. You can study at your convenience, select a variety of formats, earn continuing education credits, and it's free. To access a printable brochure and specific educational programs/resources, go to www.cdc.gov/nip/ed.

Video Conference: Health IS Academic

On April 25, 2005, from 6:30 p.m. to 8:30 p.m., the Missouri School Boards' Association (MSBA) will offer a live, two-way, interactive videoconference at eight locations in Missouri focusing on the linkages between children's health and academic achievement. There is an integral link between health and learning. Sites for the videoconference will be: Cape Girardeau, Columbia, Independence, Kirksville, Maryville, Nixa, St. Louis and Springfield. Expert presenters will include Brenda Greene of the National School Boards Association and Nora Howley of the Council of Chief State School Officers. Greene and Howley have extensive experience in health issues impacting schools. The videoconference is appropriate for nurses, teachers, counselors, administrators (at all levels), school board members, parents and others interested in the connection between student health and school success.

Registration fees are \$40.00 per single participant from a school district or \$30.00 for two or more participants from the same district. CEU's for registered nurses are available for an additional fee. School board members will earn CBM credits. For more information and to register for the event, visit the MSBA Web site at www.msbanet.org/ and select "Health IS Academic" under Upcoming Events, or call MSBA at 1-800-221-6722.



Tar Wars®: A Tobacco Education Program



Currently in the United States, more than 4.5 million children younger than 18 are regular smokers. Approximately one-third of them will die prematurely from smoking-related illnesses. Tar Wars® was founded in response to this growing, yet preventable, health crisis.

Tar Wars® is a one-time, one-hour classroom presentation for fourth- and fifth-graders that requires minimal preparation and follow-up. The program can be implemented at any time during the school year, and the scripted lesson plan can easily be incorporated into your classroom's daily curriculum. The Tar Wars Program Guide is free and can be downloaded in English or Spanish at the Tar Wars Web site: www.tarwars.org. Tar Wars is consistent with the Centers for Disease Control and Prevention (CDC) Guidelines for School Health Programs to Prevent Tobacco Use and is one of the building blocks in a comprehensive tobacco prevention education plan.

During the classroom presentation, students will engage in a series of six interactive activities designed to increase their knowledge of the short-term effects of tobacco use, help them identify reasons people use tobacco products and prompt them to think critically about tobacco advertising. Guest speakers, such as family physicians and other health care professionals

from your community, can be invited to present Tar Wars to your classroom. You may also choose to have your school nurse present the program or include it as part of wellness week or health fair activities. For information about how to recruit a volunteer presenter, visit the Web site.

Following the session, students are encouraged to create posters focusing on the positive aspects of not using tobacco. Some teachers coordinate the poster contest with the school's art teacher. Poster contest guidelines and previous National Poster Contest winners can be found on the Web site. One winning poster from each participating school is entered in the state contest, which will be held in Jefferson City on May 5, 2006. Prizes are awarded to five poster artists. The first place Missouri poster will be entered in the Tar Wars National Poster Contest held in Alexandria, Virginia, in July.

For more information, contact Donna Abernathy at the Missouri Academy of Family Physicians by e-mail at dabernathy@mo-afp.org, or by phone at 573-635-0830 or 1-800-942-8347 (toll free).

The Mission and Goals of Tar Wars®

The mission of Tar Wars is to educate students about being tobacco-free, provide them with the tools to make positive decisions regarding their health, and promote personal responsibility for their well-being. By utilizing a community-based approach to mobilize family physicians, educators, and other health care professionals, Tar Wars can accomplish its mission. Goals of the program are to:

- Educate and motivate students to be tobacco-free.
- Mobilize health care professionals to become proactive in their community's health education.
- Encourage community involvement in support of the Tar Wars program.